

Calorie Counting Food Chart

Calorie Counting Sheet

Food	Measurement	Calories
Meat/Poultry		
Chicken breast	100g	165
Chicken thighs	100g	177
Chicken wings	100g	203
Turkey (roasted)	100g	159
Turkey breast	100g	147
Beef (ground cooked 95%)	100g	174
Beef steak (sirloin)	100g	244
Pork chops (lean cooked)	100g	170
Pork tenderloin (roasted)	100g	143
Chicken breast dark meat	100g	98
Turkey dark meat(roasted)	100g	88
Deli ham	100g	125
Bacon (cooked)	100g	541
Fish		
Tuna canned	100g	180
Tuna steak (cooked)	100g	125
Cod (cooked)	100g	84
Salmon (cooked)	100g	188
Trout (cooked)	100g	150
Pollock (cooked)	100g	118
Tilapia (cooked)	100g	128
Shrimp (cooked)	100g	119
Smoked salmon	100g	191
Nuts/seeds		
Almonds	100g	579
Peanuts	100g	567
Cashews	100g	553
Macadamia nuts	100g	718
Peanut butter	100g	588
Almond butter	100g	617
Pumpkin seeds	100g	533
Walnuts	100g	654
Hazelnuts	100g	628
Chia seeds	100g	486
Sunflower seeds	100g	584
Dairy		
Yogurt (plain)	100g	61
Greek yogurt (low fat)	100g	73
Soft yogurt (low fat)	100g	67
Butter	100g	67
Ice cream	100g	72
Milk	100g	150
Cheese	100ml	43
Cheese	100g	356
Cheese	100g	299
Cheese	100g	403
Cheese	100g	492
Cheese	100g	321
Cheese	100g	359
Beans/Legumes		
Black beans	100g	132
Lentils (cooked)	100g	116
Pinto beans (cooked)	100g	143
Kidney beans (canned)	100g	84
Soy beans (boiled)	100g	133
Cannellini beans	100g	97

Food	Measurement	Calories
Vegetables		
Potatoes (boiled)	100g	87
French fries	100g	161
Sweet Potatoes (boiled)	100g	76
Carrots (cooked)	100g	35
Pumpkin (cooked)	100g	20
Butternut Squash	100g	45
Celery	100g	14
Courgette	100g	17
Broccoli (cooked)	100g	35
Cauliflower (cooked)	100g	23
Spinach (cooked)	100g	23
Green beans (canned)	100g	15
Bok choy	100g	13
Avocado	100g	160
Tomatoes	100g	18
Red Bell Peppers	100g	26
Fruits		
Cherry	100g	63
Apple	100g	52
Pear	100g	57
Orange	100g	47
Grapefruit	100g	32
Strawberries	100g	32
Blueberries	100g	57
Raspberries	100g	52
Kiwi	100g	61
Mango	100g	60
Cantaloupe	100g	34
Watermelon	100g	30
Bananas	100g	89
Pineapple	100g	50
Grains		
White Rice (cooked)	100g	130
Brown rice(cooked)	100g	112
White bread	100g	266
Whole wheat bread	100g	252
Quinoa (cooked)	100g	222
Bulgur (cooked)	100g	150
Oats (cooked)	100g	150
Spaghetti (cooked)	100g	208
Whole wheat spag (cooked)	100g	208
Bagels	100g	260
Rye bread	100g	260
Pastries		
Croissant	100g	307
Muffin (plain)	100g	307
Muffin (chocolate)	100g	307
Chocolate cake	100g	352
Cheese cake (new york)	100g	280
Cupcake frosted	1 piece (80g)	270
Donut (glazed)	1 piece (30g)	140
Cereals		
Cereal Corn Flakes	1 cup 25 g	89
Kellogg's Honey Loops	1 cup(30g)	119
Raisin Puffs	1 cup(30g)	160
Cornflakes (instant)	1/2 cup (30g)	140



Index Or Guide For Counting Calories

Gillian Burn



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Perfect Calorie Counting Kate Santon,2008-09-04 Perfect Calorie Counting is the ideal companion for anyone who s watching their weight It gives detailed nutritional information alongside calorie counts of your favourite dishes Covering everything from advice on which foods are the best sources of antioxidants to tips on how be calorie conscious while still eating the food you like it walks you through all the steps you can take to improve your diet Thousands of foods are listed so everyone will be catered for Whether you re keen to shed a few pounds for a special occasion or you just want to eat more healthily Perfect Calorie Counting has all you need to know The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby s name Written by experienced authors offering tried and tested tips each book contains all you need to get it right first time **Count Calories - Calories Count!** Random House Value Publishing Staff,U S Dept of Health & Human Services,Random House,1980-06 A complete pocket sized guide to dieting sensibly and successfully Consumers Index to Product Evaluations and Information Sources ,2004 A Guide to Obesity and the Metabolic Syndrome George A. Bray,2011-03-28 In the historical record there is abundant evidence that obesity was a medical and health concern as long as medicine has been practiced The idea of diet and exercise are bulwarks in the fight against obesity in history from the time of Hippocrates to the 16th century a span of 2 000 years Examining the history and etiology of the obesity epidemic this book discusses various requirements of effective intervention and treatment strategies The first section covers the history of obesity defines and evaluates the clinical presentation of the pathology discusses its prevalence in the population and explains common analytical measurements Chapters include genetics and genetic factors modern consequences of obesity and quality of life issues The second section introduces prevention strategies in children and adults such as dietary and lifestyle changes medication and surgical interventions **The GL Diet For Dummies** Nigel Denby,Sue Baic,2011-03-31 If you re sick of no carb diets or just looking for a healthy eating plan then the GL Diet is for you No more calculations no calorie counting and no more cravings for carbs as long as you stick to foods that are low in GL you can stay healthy and lose weight without having to go without The GL Diet For Dummies explains the science behind the plan helps you to incorporate GL into your everyday life and gives readers 80 recipes to try Allan Borushek's Pocket Calorie and Fat Counter Allan Borushek,1992-03 The All-in-one Calorie Counter Jean Carper,1994 Millions of successful dieters agree that calorie counting is the best way to reduce and that is the book to count on Now in this completely revised and updated edition of the famous All In One Calorie Counter you ll fins all the information you need to make dieting more delicious Arranged in easy to use alphabetical order this remarkable guide gives you instant information on more than 10 000 foods from simple meals at home to lavish dishes while dining out Form your supermarket shelves to your favorite Italian restaurant or sushi bar from beer to baby food All In One Calorie Counter will provide you with the latest most accurate and most comprehensive calorie counts available The all new sections on fast

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